

Statistics Report 35192, Agave, raw (Southwest)
Report Date: June 14, 2017 17:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	81.83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Energy	kcal	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	286	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein 1	g	0.52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Total lipid (fat) 1	g	0.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Ash 1	g	1.27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Carbohydrate, by difference	g	16.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary 1	g	6.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Sugars, total 1	g	2.58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

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Sucrose 1	g	0.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Glucose (dextrose) 1	g	1.19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fructose 1	g	0.98	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Starch 1	g	0.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Minerals													
Calcium, Ca 1	mg	417	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Iron, Fe 1	mg	1.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Magnesium, Mg 1	mg	55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

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Phosphorus, P 1	mg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Potassium, K 1	mg	127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Sodium, Na 1	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Zinc, Zn 1	mg	0.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Copper, Cu 1	mg	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Manganese, Mn 1	mg	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Selenium, Se 1	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	4.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Thiamin 1	mg	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Riboflavin 1	mg	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Pantothenic acid 1	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-6 1	mg	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folate, total 1	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Folate, food	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Carotene, beta 1	µg	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha 1	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Cryptoxanthin, beta 1	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin A, IU	IU	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lycopene 1	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin E (alpha-tocopherol) 1	mg	0.23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Tocopherol, beta 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tocopherol, gamma 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Tocopherol, delta 1	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	5.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lipids													
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Amino Acids													
Tryptophan 1	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Threonine 1	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Isoleucine 1	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Leucine 1	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Lysine 1	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Methionine 1	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Cystine 1	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Phenylalanine 1	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 1	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Valine 1	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Arginine 1	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Histidine 1	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Alanine 1	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Aspartic acid 1	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Glutamic acid 1	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Glycine 1	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Proline 1	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Serine 1	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Other

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2006

Flavonoids

Proanthocyanidin

Proanthocyanidin dimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient Content of Agave, 2002 Beltsville MD

²Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521